

NFWC AQUATICS RULES & REGULATIONS

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1. Showering is required before entering the pool.
2. Swimmers having an open sore or skin disease **MUST** have written permission from a doctor indicating that he/she may swim in a community pool.
3. **NO RUNNING.** Walking is required at all times.
4. **THERE IS NO DIVING IN THE OUTDOOR POOL AT ANY TIME. ALL**
5. **ENTRIES MUST BE FEET FIRST.** A swim test is required for those desiring to swim or dive in the deep end of the indoor pool. This test may be required each time for deep end use. Please see the lifeguard on duty.
6. No smoking. Food may be eaten in designated areas only. Drinks must be in plastic or cans. No gum is allowed.
6. No hanging onto the lane lines or ladders unless it is an emergency.
7. **NO HORSE PLAY.** This includes throwing people around, dunking, and chicken fights.
8. Only adults may use masks and snorkels. Children are permitted to wear goggles.
7. Only Coast Guard approved flotation devices will be allowed in the pool. An adult must remain within **arm's reach** of the person in the lifejacket.
8. No profanity is permitted in the facility. Any person suspected of being under the influence of alcohol or drugs will not be permitted in the facility.
9. Kickboards are used for instructional swim and adult lap swimming only. Kickboards should not be used by preschoolers as a flotation device. Please return all equipment to where you have borrowed it.
10. Only adult lap swimmers are permitted to use the two center lap lanes of the indoor pool and the designated lane of the **outdoor pool**. Persons 18 years of age or older will be considered an adult. Other designated lap lanes may be used by anyone swimming laps.
11. Only children younger than 5 years old are permitted in the **outdoor** Kiddy Pool. An adult must accompany children in the Kiddy Pool.

12. **NO** squirt guns of any kind are to be used in the pools or pool areas. **NO** pool toys allowed.
15. Only swim suits may be worn in the pool. No T-shirt or cut-off shorts are permitted. If you have any questions check with a lifeguard.
16. All children not potty trained **must** wear swim diapers. Tight fitting plastic pants worn over swim diapers are recommended.
17. All rules and instructions administered by the lifeguards must be followed.
18. **Any child 5 years of age or younger must be accompanied by a parent or childcare provider who must be in the water with them. Children between 6 and 12 years of age must have a parent or childcare provider in the pool area with them. Any child using an approved flotation device must have an adult in the water with them. Childcare providers must be at least 18 years of age.**

The Aquatic Staff is on duty for the safety of all patrons and guests. Therefore, the staff have the power to suspend pool privileges, if necessary. They will base all disciplinary action on the offense. The lifeguards are the authorities to carry out the policies in the pools.

<u>Offense</u>		<u>Consequence</u>
Profanity		* 1 Day Suspension
Hitting	*	1 Week Suspension
Under the Influence of Alcohol or Drugs		* Indefinite
Unsafe Behavior of Any Kind		* 1 Week Suspension
Not Watching Your Child		* 2 Days Suspension
Disrespecting Staff	*	1 Day Suspension

* “We are thankful for everyone’s cooperation in following these rules and regulations.”

**NORFOLK FITNESS
&
WELLNESS CENTER AQUATICS**

Address: 7300 Newport Avenue
Norfolk, Virginia 23505

Main Number—823-4300
Pool Office – 823-4306
Molly Dye, Pool Manager